

## CLAIMS

1. Use of a metal salt of a fatty acid for damping vibrations performed by cooperating surfaces of a mirror adjustment mechanism relative to each other, wherein the cooperating surfaces adjustably connect a mirror holder for supporting the mirror element with a base plate which can be fixedly mounted to the motor vehicle.
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2. Use of a metal salt according to claim 1, wherein the metal salt of a fatty acid comprises a C6-C24 fatty acid, preferably a C8-C24 fatty acid, more preferably a C14-C22 fatty acid, still more preferably a C16-C20 fatty acid and/or a derivative thereof.
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3. Use of a metal salt according to any one of the preceding claims, wherein the fatty acid has been obtained from tallow.
4. Use of a metal salt according to any one of the preceding claims, wherein the metal salt of a fatty acid comprises a metal which is selected from the group consisting of magnesium, calcium, aluminum and zinc, preferably zinc.
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5. Use of a metal salt according to any one of the preceding claims, wherein the metal salt of a fatty acid comprises zinc palmitate, zinc stearate and/or zinc oleate.
6. Use of a metal salt according to any one of the preceding claims, wherein the metal salt of a fatty acid is zinc stearate.
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7. Use of a metal salt according to any one of the preceding claims, wherein the metal salt of a fatty acid is used in the form of a powder.
8. Use of a metal salt according to any one of the preceding claims, wherein the metal salt adheres to the cooperating surfaces of the mirror adjustment mechanism.
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9. Use of a metal salt according to any one of the preceding claims, wherein the metal salt is hydrophobic.

10. A method for assembling a mirror adjustment mechanism for adjusting a mirror element of a mirror unit of a motor vehicle, wherein on cooperating surfaces which adjustably connect a mirror holder for supporting the mirror element with a base plate which can be fixedly mounted to the motor vehicle, a metal salt of a fatty acid is applied.
11. A method according to claim 10, wherein the metal salt is applied directly onto the cooperating surfaces.
12. A mirror adjustment mechanism for adjusting a mirror element of a mirror unit of a motor vehicle, comprising a base plate which can be fixedly mounted to the motor vehicle, and a mirror holder for supporting the mirror element, wherein the mirror holder furthermore is adjustably connected with the base plate via cooperating surfaces of the mirror adjustment mechanism, and wherein on the cooperating surfaces a metal salt of a fatty acid has been applied.
13. A mirror adjustment mechanism according to claim 12, further comprising hinge parts, parts of which constitute the cooperating surfaces on which the metal salt has been applied.
14. A mirror adjustment mechanism according to claim 12 or 13, furthermore comprising driving means for adjusting the mirror holder, wherein parts of the driving means constitute the cooperating surfaces on which the metal salt has been applied.
15. A mirror adjustment mechanism according to any one of claims 12-14, wherein a first hinge part is substantially pivotable relative to a second hinge part.
16. A mirror adjustment mechanism according to claim 15, wherein the first hinge part comprises a substantially spherically curved holder, and wherein the second hinge part comprises a substantially spherically curved ring or cup.
17. A mirror adjustment mechanism according to any one of claims 12-16, wherein the mirror holder is hingedly mounted, via the

cooperating surfaces, to a frame for supporting the mirror unit, and wherein the frame is hingedly mounted to the base plate with the aid of a second hinge mechanism.

18. A mirror adjustment mechanism according to any one of  
5 claims 12-17, wherein the mirror holder, via the cooperating parts, is directly hingedly connected with the base plate.